



NEXT GEN
SOCCER TRAINING AND EDUCATION

TOP TWELVE TIPS TO HELP YOU THIS SEASON...

12



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LET'S HELP YOU KEEP YOUR SEASON ON TRACK WITH THESE TOP TWELVE TIPS TO HELP YOU ON TRAINING AND GAME DAYS...

TIP 1

GET YOUR TEAM MOVING ASAP



PLAYERS OFTEN ARRIVE AT PRACTICE IN DRIBS AND DRABS, SO 1V1S, 2V2S CAN BE A GREAT WAY TO START A SESSION! GET THE PLAYERS INVOLVED STRAIGHT AWAY AS THEY ARRIVE!



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TIP 2

GIVE YOUR TRAINING A FOCUS



COMMUNICATE YOUR TRAINING FOCUS TO YOUR TEAM. FOR EXAMPLE "TODAY WE WILL BE CONCENTRATING ON RECEIVING THE BALL WITH THE INSIDE OF OUR FOOT AND PERFORMING A QUICK ROLL WITH THE SOLE OF YOUR FOOT" THIS HELPS YOUR TEAM UNDERSTAND WHAT THEY NEED TO WORK ON AND HOW TO MEASURE SUCCESS IN THAT SESSION.



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TIP 3

MAKE TRAINING PRACTICES DIRECTIONAL



THIS IS ABOUT GIVING EACH SIDE SOMETHING TO SHOOT AT. TRY A GOAL, TARGET PLAYER TO PASS TO OR A CONE TO HIT, ETC. BE CREATIVE ON THE TARGET TO INCREASE OTHER LEARNING



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TIP 4

GET A GOALKEEPER INVOLVED



WHENEVER POSSIBLE TRY TO INCLUDE A GOALKEEPER IN YOUR PRACTICE. THIS HELPS REPLICATE THE REAL GAME.



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TIP 5

USE SMALL-SIDED GAMES



FORMATS LIKE 2V2 AND 3V3 GIVE PLAYERS MORE TIME ON THE BALL TO PRACTICE THEIR SKILLS



TIP 6

BE POSITIVE, REINFORCE GOOD BEHAVIOURS



HIGHLIGHTING GOOD BEHAVIORS IN THE GAME IS MUCH MORE BENEFICIAL THAN HIGHLIGHTING MISTAKES. WHEN A PLAYER SUCCEEDS AT A MOTION TELL THEM AND CONGRATULATE THEM. IF A PLAYER IS STRUGGLING WITH A SKILL GUIDE THEM TO DISCOVER THE OUTCOME.

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TIP 7

GIVE GAME DAY MATCHES A TARGET



WE ARE NOT TALKING ABOUT THE SCORE... CREATE A CHALLENGE FOR YOUR PLAYERS DURING A GAME DAY TO PRODUCE A SKILL OR ACTION. LET THEM PRACTICE ON THE MAIN STAGE. FOR EXAMPLE "HOW MANY TIMES CAN WE CONNECT ACROSS THE FIELD AND SWITCH PLAY".



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TIP 8

USE THE NUMBERING SYSTEM



USING THE NUMBERING SYSTEM HELPS YOUR PLAYERS RELATE TO A POSITION MORE EASILY. REINFORCE THE MESSAGE OF WHAT EACH NUMBER DOES. FOR EXAMPLE "CLAIRE YOU ARE THE NUMBER 7 WHEN YOU ENTER THE FIELD, STAY WIDE AND SEE IF YOU CAN GET THE BALL IN A WIDE POSITION"



TIP 9

EDUCATE YOUR PLAYERS WHILE THEY ARE ON THE BENCH

DURING A GAME DAY, YOU AS THE COACH WILL FIND YOURSELF PASSING INFORMATION TO THE PLAYERS WHILE THE GAME IS BEING PLAYED. AS YOUTH PLAYERS, THEY CANNOT CONCENTRATE ON THE TASK AT HAND AS WELL AS LISTEN TO VERBAL COMMANDS BEING SHOUTED AT THEM FROM 60 YARDS AWAY. COACH YOUR PLAYERS SITTING NEXT TO YOU ON THE BENCH. TELL THEM WHAT YOU WANT THEM TO DO WITHIN THEIR POSITION. FOR EXAMPLE "JOHNNY YOU ARE PLAYING MY NUMBER 9, CAN YOU STAY LEVEL WITH THE LAST DEFENDER OF THE OTHER TEAM AND TRY TO RECEIVE THE BALL AS HIGH AS YOU CAN". WHEN ON THE BENCH YOU HAVE THEIR FULL ATTENTION



hummel



FOR ALL



COACHING EDUCATION

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TIP 10

USE A TACTICS BOARD TO GET YOUR MESSAGE ACROSS!

**EVERYONE LEARNS DIFFERENTLY!
USING A TACTICS BOARD YOU CAN HELP THE PLAYER
VISUALIZE WHAT YOU ARE ASKING OF THEM. GET
THEM TO MOVE THE PLAYER ON THE BOARD TO
CONFIRM THEIR UNDERSTANDING OF THE ACTION
REQUIRED IN THE GAME.**



TIP 11

REMEMBER THEY ARE NOT ADULTS...



REMEMBER YOU HAVE MANY YEARS OF EXPERIENCE OVER THE PLAYERS. YOU UNDERSTAND THE ADULT GAME AND EXPECT TO SEE RESULTS FROM YOUR TEAM TO REPLICATE THE ADULT VERSION OF THE GAME.

LET THEM EXPLORE, MAKE MISTAKES, AND LEARN IN AN ORGANIZED MANNER. BUILD THEIR KNOWLEDGE UP, DON'T PASS EVERYTHING YOU KNOW TO THEM IN ONE BREATH AS 99% OF INFORMATION WILL NOT BE PROCESSED!

TIP 12

KEEP YOUR FORMATION EASY TO UNDERSTAND.



RESULTS AT THIS STAGE OF A PLAYER/TEAM'S DEVELOPMENT IS DOWN TO HAVING ONE OR TWO PLAYERS THAT ARE COORDINATED AHEAD OF OTHER PLAYERS. COACHES WILL OFTEN LOOK TO CHANGE THEIR TACTICS AND READ BOOKS LOOKING TO CREATE A SECRET FORMULA THINKING THEY ARE PEP GUARDIOLA!

YOUTH SOCCER DOES NOT NEED YOU TO BE A TACTICAL GENIUS WHEN IT COMES TO THE GAME. KEEP INSTRUCTIONS CLEAR AND EASY TO UNDERSTAND